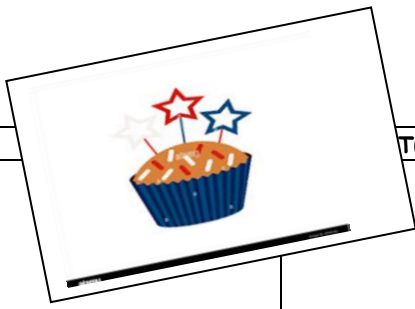


July 2023 Early Head Start Center

Breakfast, Lunch & Snack Menu



	Tuesday	Wednesday	Thursday	Friday
3	EHS Closed	5 Breakfast: Corn Flakes, Peaches, Milk Lunch: Ham a& Cheese, WG Bread, Peas, Pineapple, Milk Snack: Muffin, Milk	6 Breakfast: Waffles, Applesauce, Milk Lunch: Chicken Nuggets, Tater Tots, Pears, Milk Snack: WG Crackers, Cheesestick	7 Breakfast: Overnight Oats, Berries, Milk Lunch: Cheeseburger, WG Bun, Corn, Peaches, Milk Snack: WG Goldfish, Fruit
10	Breakfast: Rice Krispies, Mandarin Oranges, Milk Lunch: Roast beef Slices/Cheese, Crackers, Peas, Peaches, Milk Snack: Chex Mix, Mixed Fruit	11 Breakfast: WG Muffin, Peas, Milk Lunch: Sunbutter & Jelly, WG Bread, Carrots, Applesauce, Milk Snack: Graham Crackers, Milk	12 Breakfast: Cheerios, Banana, Milk Lunch: WG Pepperoni Pizza, Cucumbers, Peas, Milk Snack: Yogurt, Fruit	13 Breakfast: Pancakes, Peaches, Milk Lunch: Chicken Pot Pie Bicult, Peas/Carrots, Mandarin Oranges, Milk Snack: Cheeze-its, Mixed Fruit
17	Breakfast: Corn Chex, Fruit Cocktail, Milk Lunch: Turkey, WG Bread, Cucumbers, Peaches, Milk Snack: WG Goldfish, Applesauce	18 Breakfast: Yogurt, Berries, Milk Lunch: chicken Fried Rice, Broccoli, Pineapple, Milk Snack: Peas, Crackers	19 Breakfast: Cheerios, Banana, Milk Lunch: Hamburger Hotdish, Mashed Potatoes, Corn, Milk Snack: Cheesestick, Crackers	20 Breakfast: French Toast Sticks, Applesauce, Milk Lunch: Popcorn Chicken, WG Bread & Butter, Green Beans, Fruit Cocktail, Milk Snack: Cereal, Milk
24	Breakfast: Rice Krispies, Peaches, Milk Lunch: Ham & Cheese, Crackers, Peas, Pears, Milk Snack: Pretzels, Cheese Slices	25 Breakfast: WG Muffin, Melon, Milk Lunch: Enchilada Cup, Green Beans, Fruit Cocktail, Milk Snack: Graham Crackers, Milk	26 Breakfast: Eggs, Sausage Patty, Peas, Milk Lunch: Fish Sticks, Tater Tots, Peaches, Milk Snack: Carrots, Crackers	27 Breakfast: Waffles, Fruit Cocktail, Milk Lunch: Meatloaf, Mashed Potatoes, Corn, Mixed Fruit, Milk Snack: Cheeze-its, Mixed Fruit
31	Breakfast: Corn Flakes, Peas, Milk Lunch: Chicken Salad, WG Bread, Carrots, Applesauce, Milk Snack: Muffin, Milk	<p>Lunch is served with Skim Milk or Whole Milk and Water. All bread/grain is whole grain. All meals are subject to change.</p> <p>"Head Start/Early Head Start is an equal opportunity provider."</p>		

